

SENIOR NUTRITION SERVICES  
DINING LOCATION: 7151 York Ave Edina, MN PHONE 952.893.1449  
**SENIOR DINING MENU –AUGUST 2016**

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <b>August 1</b>  | <b>August 2</b>   | <b>August 3</b>  | <b>August 4</b>   | <b>August 5</b>  |
| Greek Chicken<br>Orzo Florentine<br>Mediterranean Blend<br>Veggies<br>Pull Apart<br>Roll/margarine<br>Raspberry Fluff                  | Sloppy Joes on Bun<br>Chuck Wagon Corn<br>Potato Wedges<br>Ketchup PKT<br>Fresh Fruit   | Beef Lasagna<br>Summer Squash w/Tomato<br>& Basil<br>Fresh Fruit<br>Garlic Breadstick/marg.<br>Lemon Gelatin   | Chicken Cheddar Pasta<br>Salad<br>Sliced Beets<br>Tropical Fruit<br>Whole Wheat Bread/marg.<br>Chocolate Chip Cookie                        | Turkey Meatloaf<br>w/Cranberry Glaze<br>Mashed Sweet Potatoes<br>Peas & Carrots<br>Multi-grain Bread/marg.<br>Chocolate<br>Tart/Topping<br><b>RCD: Fresh Fruit</b>             |
| <b>August 8</b>  | <b>August 9</b>   | <b>August 10</b>   | <b>August 11</b>  | <b>August 12</b>   |
| BBQ Beef Riblet<br>On Whole Grain Roll<br>Oven Fries<br>Ketchup PKT<br>Buttered Corn<br>Fresh Fruit                                    | Baked Penne Pasta<br>w/Meat Sauce<br>Steamed Broccoli<br>Fresh Fruit<br>Garlic Breadstick<br>w/marg.<br>Vanilla Pudding         | Roast Turkey & Gravy<br>Mashed Potatoes<br>Glazed Carrots<br>Rye Bread w/marg.<br>Pumpkin Bar w/Cream<br>Cheese Icing<br><br><b>RCD: No Icing</b>                                    | Chicken Bruschetta Bake<br>Lemon & Garlic Green<br>Beans<br>Apricot Halves<br>Italian Bread w/marg.<br>Sugar Cookie                         | Country Fried Steak<br>w/Gravy<br>Mashed Potatoes<br>Italian Blend Veggies<br>Pull Apart Roll/marg.<br>Chocolate Cupcake   |
| <b>August 15</b>   | <b>August 16</b>  | <b>August 17</b>   | <b>August 18</b>  | <b>August 19</b>   |
| Meatballs in Gravy<br>Mashed Potatoes<br>Mixed Veggies<br>Peach Slices<br>Multi-grain Bread/marg.<br>Cherry Streusel Bites             | Chicken Primavera<br>w/Fettuccini<br>Green Beans<br>Tropical Fruit<br>Sliced French<br>Bread/marg.<br>Oatmeal Cookie            | Breaded Pork Cutlet<br>w/Creamy Mustard Sauce<br>Marinated Cucumber Salad<br>Steamed Brown Rice<br>Fresh Fruit<br>Oreo Cookies<br><br><b>ALT: Chicken Cutlet<br/>w/Mustard Sauce</b> | Breakfast Scramble<br>w/Hash Browns, Peppers,<br>Onions, Turkey<br>Breakfast Potatoes<br>Juice Cup<br>Blueberry Muffin/marg.<br>Fresh Fruit | Grilled Salmon Sandwich<br>on Hoagie Roll<br>w/Spring Greens & Tartar<br>Sauce<br>Steamed Broccoli<br>Banana<br>Fruit Gelatin<br><br><b>ALT: Chicken Breast<br/>Sandwich</b>   |
| <b>State Fair Meal</b>   | <b>August 23</b>  | <b>August 24</b>   | <b>August 25</b>  | <b>August 26</b>   |
| Cheeseburger<br>Whole Grain Bun<br>Ketchup & Pickles<br>Tator Tots<br>Watermelon<br>Mini Donuts  | Quartered Roast Chicken<br>Buttered Corn<br>Baby Red Potatoes<br>Dinner Roll/marg.<br>Apple Pie<br><br><b>RCD: Apple Slices</b> | Chicken Caesar Salad<br>Fresh Fruit<br>Dinner Roll/marg.<br>Iced Lemon Cake  | Salisbury Steak<br>w/Mushroom Gravy<br>Mashed Potatoes<br>Steamed Carrots<br>French Bread/marg.<br>Toffee Cookie                            | Baked Pollock<br>Tartar Sauce<br>Scalloped Potatoes<br>Steamed Broccoli<br>Multi-grain Bread/marg.<br>Frosted Yellow Cake<br><b>ALT: Sliced Turkey<br/>RCD: Unfrosted Cake</b> |
| <b>August 29</b>   | <b>August 30</b>  | <b>Birthday Meal</b>   |   |  |
| Chicken Strips w/Honey<br>Mustard<br>Macaroni & Cheese<br>Mixed Veggies<br>Chilled Pears<br>Wheat Bread/marg.<br>Apple Cinnamon Cookie | Beef Meatloaf<br>Baked Potato<br>Sour Cream & Margarine<br>Pineapple Tidbits<br>Dinner Roll/marg.<br>Chocolate Brownie          | Beef Pot Roast<br>Mashed Potatoes & Gravy<br>Carrot Coins<br>Dinner Roll/margarine<br>Red Velvet Cake<br><br><b>RCD: Unfrosted Cake</b>  |   |  |

1% milk and margarine are served with each meal. SR=salt restricted, RC=restricted calorie dessert. Your comments are welcome: call 952-945-4156. Volunteers of America Senior Nutrition Program serves all seniors regardless of race, color, sex, disability, national origin, or religion. The service is funded through a contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program and participant contributions. Upon request, this information will be made available in an alternative format: Braille, large print or audiotope. For TDD, contact Minnesota Relay Service at 1-800-627-3529.